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Harmony

Penn Estates Property Owners Association

June/July 2018

Annual Meeting - May 5, 2018

2018-2019 Officers and Board of Directors

Congratulations to the returning directors and new directors David Montalvo and Dennis Sira

- Jose Padilla, President
- John Baraniuk, Vice-President
- Sandra Bonet, Secretary
- Christine Morton, Treasurer
- Bettyanne Nevil, Director
- Gary Conforte, Director
- David Juliano, Director
- David Montalvo, Director
- Dennis Sira, Director

Bylaw Amendments

Both amendments passed by vote of the membership.

Committee Liaisons

- AppealsJohn Baraniuk
- FinanceChristine Morton
- TNR ProgramBettyanne Nevil
- ARBDavid Juliano
- RecreationGary Conforte
- SafetyChristine Morton
- CommunicationsBettyanne Nevil
- Nominating & Steering ...Sandra Bonet
- Building & GroundsDavid Montalvo
- Government RelationsDennis Sira
- DocumentsDennis Sira

Message from the Administration Office

Gate Access Changes

As we continue to improve access to our gated community, all residents will be required to provide a password or PIN number associated with their property when calling in a guest.

This change will take effect October 1, 2018.

Please visit the Administration Office to set this up. Upon providing identification, you may select your PIN or password.

CINCO DE MAYO!

by Robin Nicholson, Communications Committee Member

Penn Estates residents gathered in the Oak Room to celebrate Cinco de Mayo with a fantastic party sponsored by the Recreation Committee. Party goers enjoyed delicious Mexican inspired food provided by our very own Chill Grill, and served by our Recreation Committee members. Everyone also loved the delightful festive cakes for dessert from the Chill Grill.

After dessert the lights dimmed, the dance lights came on and the dancing began! Young and old alike packed the dance floor and had hours of FUN together dancing the night away.

Residents had a great time socializing with old friends and making new ones. Some party goers have made Penn Estates their home for over 30 years, and others just moved in a few months ago and all mingled and had a wonderful time getting to know each other, and making memories.

It was a great night! Thank you Penn Estates Recreation Committee and for such a great event and to the Chill Grill providing such amazing food! We all look forward to the next party....Hope to see you there!



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Meet the Candidates Forum

by Lucy Jacobsen, Chair of the Nominating & Steering Committee

On Saturday, April 28, 2018, the Nominating & Steering Committee hosted its annual Meet the Candidates Forum. This year there were three open seats on the Board and six candidates running to fill those positions.

There were about 60 residents in attendance and they all were able to hear what the candidates are all about and why they wish to run for the Board. They all had five minutes to introduce themselves, followed by Q&A sessions. All candidates were allowed to answer each of the questions asked and they all did an excellent job in their presentations.

Once the forum was over, guests were invited to stay and enjoy pizza and desserts and they also had the opportunity to chat one-on-one with the candidates.

The committee also thanked Sean Reilly and Luna Mishoe for dedicating the past six years as members of the Board of Directors and they will be missed.

A special thank you to our community manager Phyllis Haase and our liaison Sandra Bonet for all their help and support in preparing for this year's elections. And a big thank you to my team members, Mark Jones, Christine Jones and Debbie Weatherford for all their hard work and dedication to this committee.



President's Message

by Jose Padilla, Penn Estates Board President

Hello Neighbors! I would like to start this conversation by say "THANK YOU!"

Thank you to all the members of the association who participated during the Annual Meeting; either in person or through the proxy system. I cannot remember a more docile meeting. Thank you Brinson Howard and Adrian Martenco for volunteering to represent our community. Please stay active at the committee level because we need good volunteers.

Thank you to Luna Mishoe for your dedicated service to our community. We were fortunate to have Luna as one of our past presidents and he held the office as vice-president twice. He has served our community for seven years. Luna was requested by me to stay active on the Building & Grounds Committee as a committee member. We wish all luck in his future endeavors.

Thank you to our former president Sean Reilly. Sean has served our community for over 15 years in so many capacities I don't have the time to list them all. Sean was requested by me to stay active in several committees: Buildings & Grounds, ARB, Finance and Appeals. Sean has given to our community service that goes above and beyond any other volunteer that I know of. I have always said that if I had 10 of him we would be running the state.

Thank you to Chris Morton, Treasurer; Dennis Sira and David Montalvo for volunteering and wanting to represent our community. I am looking forward to your involvement on the board.

Thank you to sitting Board members Bettyanne Nevil; Sandy Bonet, Secretary; David Juliano; Gary Conforte and John Baraniuk, Vice President. I am truly humble at your support in electing me Board President for this term.

And thank you to Phyllis Haase and her entire staff for putting together all the items necessary for the Annual Meeting. From coffee and bagels to minutes and financial reports. We couldn't have done it without the entire staff. Thank you very much!

As we move forward this year on items that have been discussed over the last several years, predominantly road and amenity repairs, I ask all residents to exercise patience as we can't always do everything at the same time. Baby steps are hard for full-grown adults and as a non-profit corporation we must follow a stringent set of laws. In due time we will complete these items, but the finances must be in place. We had one dues increase in seven years and our capital reserve funds have suffered and the Board of Directors is working on this.

I have directed five Board members to form a taskforce to commence the long task of updating of our covenants. This will be a long drawn out process that will be expensive and will take several years. Once the rewrite is completed, it will be sent to our attorney for legal review; followed by presenting it to members in several open forums. Rather than change one or two covenants, we are undertaking this huge task to modernize them as we need 66% in order to change them.

In the future we will be scheduling some "MEET WITH THE BOARD" coffee chats that will be open to all residents regardless if homeowner or tenant to answer some questions that you may have or just have some refreshments and shoot the breeze.

As most of you may know, The Penn Estates Dart League will be throwing darts during the summer months on Mondays at 7:00pm. And the Penn Estates Horseshoe League is underway at 3:00pm behind the tennis courts.

And finally, the biggest thank you to my biggest supporter, my lovely bride of some 38 years, Nancy.

Have a wonderful and enjoyable summer! Our next Board Meeting is Friday, June 1st.



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2018 Photo Amenity Badges

by Phyllis Haase, Community Manager

Members in good standing may obtain their 2018 Photo Amenity Badges at the Administration Office. The office is open Monday-Saturday from 8:00am to 4:00pm. All persons five years of age and older shall display a current photo or guest ID to access and use any recreational facilities. Members will receive up to six photo amenity badges for those residing within the home and whose names are included on the annual P.E. Census Form.

Members or residents with photo ID badges may purchase a daily pass for their guest at the cost of \$5 for adults and \$3 for children. They also have the option to buy a seasonal pass (Memorial Day to Labor Day) for \$50. The pass grants admission of one guest per day to the amenities. Members or residents must remain with their guest while using the amenities.

The change from non-identifiable badges to photo badges will allow for increased security, by verifying that those using the facilities are members of Penn Estates and are in good standing. We will also see cost savings to the membership as the badges will be used for multiple years by placing a tamper-resistant sticker for 2019 and future years.

Wishing our Penn Estate family a safe and enjoyable summer!



photo by David Montalvo



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- Security570-424-7042
- Welcome Center (Guest Registry).....570-424-7047
- Administration Building570-421-4265
- Penn Estate Utilities (Sewer/Water).....800-860-4512

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Harmony

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Marvelous Mounties in Penn Estates

by Sharon Kennedy, Communications Committee Member

I recently learned of two fourth graders who attend Chipperfield Elementary School, who live in our community and who received Marvelous Mountie awards. What is a Marvelous Mountie award? I phoned Chipperfield School and spoke with an administrator who told me that winning a Marvelous Mountie award is a VERY BIG DEAL! "It is the highest recognition a student can get."

The Marvelous Mountie award program is new this year. Children can earn daily "mounties," collect them and turn them in for prizes. The Marvelous Mountie is an entirely different thing. To be granted a Marvelous Mountie, the student must be acknowledged by a teacher for "above and beyond, exemplary behaviors," such as being especially kind and helping another person. It is sort of a good citizen or a kindness award.

Each teacher gets one Marvelous Mountie nomination per marking period. When a student receives a Marvelous Mountie award, he or she is celebrated and is given a chance to enter a drawing to participate in a special event. The past events this year included programs at the Popcorn Buddha, the Stroudsmoor Inn, and Kitchen Chemistry. The mountie program is mostly funded by the PTA and local community members or businesses (such as those noted above).

Our two Marvelous Mountie fourth graders are Ashwin Navin and Michael Russell. I spoke with Ashwin's mother, Jennifer Nicholson, who spoke with pride of her son. She said she is always proud of her son and that he has awesome report cards. The meaning behind this award made her "extremely proud of him." He said that he was happy and proud of himself.

I also spoke with Michael's mother and father, April and Michael. They said they are "very proud of him!" He "surprises them with the special things that he does" such as helping other kids that need a helping hand. Michael said that he was "really proud and excited that he was recognized."

I hope you join me in honoring these young people. They are role models for the rest of us in the community!

The administrator noted that there may be other Marvelous Mountie award recipients in our community. Congratulations to those students as well. If their parents would like them to be acknowledged, please contact the Harmony staff and we will let our community know more about these exemplary individuals!

Nurturing a Love of Reading

by Katherine Mills Hernandez, Communications Committee Member

Reading is considered a gateway habit to success and life fulfillment, but learning to read is no easy task. What's even more mysterious is cultivating a love of reading in our children.

As a literacy teacher, I've spent a lot of time exploring methods to achieve this with my students, and have done the same with my own children at home.

Because reading is such an important habit to acquire, and because humans tend to spend more time doing things they enjoy, I want to share with you some of my discoveries in getting our children to love reading:

- **Provide time and material.** Make daily time at home devoted to reading. Insist that all the digital gadgets get turned off and that everyone picks up a book of their own choosing for 10 - 30 minutes of reading. This is most effective when we adults engage in the reading session, too.
- **Honor children's choices.** We need to set aside our notions about what kids "should" read and remember that reading is most enjoyable when we are reading something we've chosen for ourselves. Librarians are great at helping kids find books that suit their interests. (Hide your cringing, parents, and respect their choices, so long as the content is not inappropriate for their age or sensibility.)
- **Emphasize the joy.** When we talk with our kids about the books they choose, let's ask: What do you like about the character in that story? What do you like about the story? Can you tell me about a funny part? Did anything in that story surprise you? If the reader chooses nonfiction, ask: Is that text causing you to re-think anything? Does it make you care more deeply about something in your life? Is it making you wonder about something you hadn't thought much about before?
- **Focus on the reader's responses.** Reading is an opportunity to be affected. Ask young readers what they think about how a character acted in any given scene in their story or about something a text explores. Ask if the reading is changing their ideas about anything in the world. Ask if the text is helping them discover something about themselves.

At school, too often reading is done to achieve a grade/level, or an answer to a particular question. That doesn't come close to nurturing a love of reading for anyone. In fact, it can be a real turn-off to reading. What's worse, most at-school reading is assigned by teachers, so students don't even have a choice in the reading material.

Reading can be a rewarding experience, and can help young readers develop the skills to "read" the world around them, but if kids don't have the opportunity to personally connect with literature and let it move them, then they will always see reading as a chore that isn't worthy of their attention outside of school. When that happens, the child is robbed of a lifetime of access to information, knowledge, experience, inspiration, and insight that only reading can provide.

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Senior Lunch Group Update

by Dorritte Tyrrell, Communications Committee Member

No man is an island - Coming together can be fun, informational, relaxing and also enjoyable.

The monthly senior luncheon appears to be growing bigger and getting better as the voices are getting louder. The community manager, Phyllis Haase, is really getting on board and giving it her best shot to provide seniors with a family environment. It's clear the silence has been broken, laughter has become contagious and seniors are opening up to know each other on a different level.

At the last luncheon, Phyllis prepared chicken covered with peaches, served with yellow rice and tossed salad. Dessert consisted of apple peach turnovers! Joanna Huffman served up a storm, and she did a great job.

The outgoing President of our Board of Directors addressed the seniors on issues as it pertained to the community. His knowledge and years of experience as an ecologist allowed him the opportunity in providing updated information on changes affecting the community from the former weekend living conditions to present full time residency, and what is necessary to preserve the environment.

During the Q&A, the residents voiced their concerns on the area of beautification, water usage and lawn care; street lighting was also a concern. Some seniors believed the streets are not properly lit, but they were reminded this was not a major concern as PA is considered rural.

Now since the weather is getting warmer there are plans for more outdoor activities. The first will be the upcoming event planned for May 9, 2018 and will take seniors on a tour of the VoTech School, where lunch will be prepared by the Culinary Arts Department.

To get involved is quite easy. Simply go to the Administration Office to get information; if interested, register for a mere \$5 to have lunch.



All dogs must be kept on a leash at all times. Also, please be kind and always clean up after your pet. Thank you!

Penn Estates BINGO Night

by Sandy Black, Contributor

The game "Bingo" can trace its history back to the year 1530 to an Italian lottery called "Lo Giuoco del Lotto D'Italia." "Lotto" is still played every Saturday in Italy. The game was introduced to France in the late 1770's where it was called "Le Lotto." The game was only played among wealthy Frenchmen.

In the United States, Bingo is a game of chance in which each player matches numbers printed in different arrangements on a 5x5 card with the numbers the game host draws at random, marking the selected numbers with tiles. When a player finds the selected numbers are arranged on their card in a row, they call out "Bingo!" to alert all participants to a winning card. The card is then examined by the game host for verification of the win. After a winner is declared, the players clear their boards and a new game is started.

Here in Penn Estates, every Tuesday starting at 7:00pm we hold a friendly family-based Bingo session. Bingo was originally started by the Senior Citizens Group of Penn Estates with Ellen Stanley (who has relocated to South Carolina) as the game host; the caller of the Bingo balls was George Little (who has relocated to Connecticut). Again it is a family based event where children can participate when accompanied by an adult - no children under the age of 18 can play on their own.

In the past, games were called using a standard Bingo machine that encompassed 75 bouncing balls. Now we use an automated electronic method. Bingo in Penn Estates was one of the first activities that both my husband and I participated in once we retired over 10 years ago.

Great fun is had by one and all on Tuesday night with numbers being called having names added to them. O-69 is referred to as "Evelyn" (also a former resident of Penn Estates who now resides in Florida), N-44 with the quacking of the duck and B-11 is "chicken legs."

There are a total of 11 games played, three specials, one jackpot game and a final game that features two parts: a regular Bingo game and then a full card. Bingo can be called if you have straight Bingo, four corners or a postage stamp only in the corners. Special games played can be "Bacon and Eggs," "Small Round Robin/Large Round Robin," the "Letter X" and/or the "Butterfly" and on special occasions such as a Christmas tree, the Easter Bunny and more.

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The White Lake Natural Resource Area

by Michele Valerio, Contributing Writer

I found this small gem of a lake located not too far from Penn Estates off Route 94 in New Jersey. The White Lake Natural Resource Area is a 394-acre preserve in Hardwick Township and offers enjoyable opportunities for hiking, boating, fishing, and wildlife observation from sunrise to sunset.

White Lake itself is a deep 69-acre spring fed water body. The shoreline is also home to various endangered or threatened plant species. In addition, the preserve is dotted with several cultural and historical points of interest, including a lime kiln and the stone wall remnants of an ice house/marl processing facility.

The Ridge and Valley Conservancy maintains the lake and surrounding area and offers many events. See below for a listing of just a few events and check out the website for more information: <http://www.ridgeandvalleyconservancy.org/>

FREE Open Kayaking: May through September

Wednesdays 9:00am-12:00noon

Fridays 4:00pm-7:00pm

Sundays 10:00am-1:00pm

Second Saturday of each month 9:00am-12:00noon

A limited amount of kayaks are available on a first-come, first-serve basis for the public to enjoy. Life vests and paddles are included.

Sunday Spring Yoga at White Lake

Sunday, June 3, 10, 17 and 24

8:30am to 9:30am

White Lake Natural Resource Area

Join yoga teacher Kate McGuinness for an all-level weekly outdoor yoga class at White Lake. Check RVC's website or Facebook for weather cancellations. A make up class in case of inclement weather is scheduled for July 1.

Donation for the 4-class series: \$20.

Forest Walk Meditation at White Lake

Saturdays: June 16, July 21, August 18, September 15, 2018

9:00am to 9:30am

White Lake Natural Resource Area

Join yoga teacher Kate McGuinness for a 30-minute meditation walk through the forest of White Lake and learn the basics of walking meditation. Free to all. Meet at the White Barn parking lot of White Lake.

Directions from

Route 80: Take Exit 12 Hopel Blirstown, then CR 521 north towards Blairstown for 5 miles. Turn left on Route 94 and travel 1/2 mile to the first traffic light. Turn right at the light and continue on CR 521 (Stillwater Road) for about 2 miles. Cross the intersection with Route 659 (Spring Valley Road) and continue 0.2 miles. The entrance to White Lake will be on your right.



Music Promotion

by Jacob Hernandez, Young Voices in Harmony Contributor

Are you one of the many people on this planet who like music? Do you like to make it? Music is one of the most common things people use to escape reality. It can lift your mood, make you think about life, get you hyped up, or make you depressed.

Making music is a whole different ball game. You create the vibe, and you control the sound. When you make your own music, which is pretty easy to do with today's digital tools, you put yourself in the position to create emotion from nothing.

Having that power is one of the main reasons why I make music. I enjoy the process, too. It involves making or finding the beat, writing the lyrics, recording them, and releasing it. Then the feedback comes.

Some people like the music, others don't. No artist can please everyone, so you try to please as many as possible. You grind and grind, and then you finally get some of the recognition you want, in the form of likes and comments on your Instagram by your fans and idols. That's where I am now.

I have a slow-growing fan base, and I have been looking for some ways to grow it faster. Having put a lot of time and care into learning about promoting my music, I thought I'd share with you some things I've learned:

1. Create a Soundcloud or Beatstars account. These are sites that let you post your music and receive feedback from listeners. You can even sell your music on Beatstars.
2. Post links to your music. You can create profiles specifically for your music or use your personal profile(s) to promote your music on all relevant social media platforms (Instagram, Snapchat, Facebook). For Instagram, have a link to your music in your bio; for Snapchat, include links to your music in your story; and for Facebook, include links to your music in your posts.
3. Use hashtags on your posts. This helps a lot, because when people who aren't connected to you look up the hashtags you used in your captions, your posts will show up in their search. You'll get much more exposure this way, rather than relying on only your followers. Use hashtags that apply to whatever you're posting, so people who are interested in that topic can find your posts.
4. Tell your friends. If you let your friends know you are pursuing a career in music, they can be your first supporters. They'll be your loyal fans, assuming they like what you're making.

When I'm making music, I feel alive. I feel like I'm doing what I was meant to do. The process just...flows. Finding people to listen to and enjoy my music sometimes feels like another job.

If you would like to help a rising artist from your area achieve their dream, you can do that by promoting them through your social media. If you are an artist looking to grow your fan base, I'd be happy to listen and give you feedback on your music. If you're interested in hearing my music, you can find me on Soundcloud.com (Jakkah), Instagram (jakkah), or Snapchat (jakkajakka).

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Black and White Gala Recognizes Our Volunteers

by Jennifer Nicholson, Communications Committee Member

The volunteers of the various committees in Penn Estates donate their time and skills to help make our community more enjoyable for all. From the Appeals Committee to Communications, from Finance to Recreation, our volunteers take time from their busy lives and lend their expertise to help make our community function.

Once per year these committee members are recognized with a dinner to show appreciation for their efforts. The 2018 volunteer dinner was



held on April 14th in the Oak Room.

A delicious buffet catered by our very own Chill Grill included an assortment of appetizers and entrees like stuffed mushrooms, rice balls, chicken francaise, stuffed pork and penne alla vodka.

Volunteers were hosted by our Community Manager Phyllis Haase and Office Manager Joanna Huffman. Fantastic music was provided by DJ, CJT/Music/Show Group. Special thanks to Phyllis and



Joanna for all their hard work in organizing this event. The thoughtful décor and all the effort and time involved in providing this dinner is much appreciated. And thank you to all of our community volunteers!

Every year one person is chosen to be recognized as *Volunteer of the Year*. This year the award was presented to **Sharon Kennedy** for her many years of contributing to our community. I have the pleasure of working with Sharon on the Communications Committee and agree wholeheartedly with the judges' decision.

Thank you Sharon, for all you do! Congratulations on your award.



A Library for All Seasons

by Sue Lyons, Director, Eastern Monroe Public Library and PE Resident

Looking for a book to read, a film to watch, a place to study, or a nice cafe to meet up with friends? The Eastern Monroe Public Library offers all that and more, seven days a week. We know you depend on us so we strive to be there for you. When the blizzard of March 2nd brought down trees and knocked out power, we were lucky to still have power at the main Hughes Library. It became the county's go to place for WiFi, phone charging and computer access for the better part of a week. Library staff members (including some Penn Estates residents) braved snowy roads and downed power lines to make sure the library was open for everyone who needed it. We added additional charging stations after the last storm to prepare for the next emergency.

Last year the main Hughes Library underwent a major renovation. On the second floor we added restrooms, study rooms, meeting rooms, a new adult reading area, and an improved public computer area. On the first floor we added the Library Café, run by Fitzmaurice Community Services. Now you can enjoy reading the newspaper or working on a computer with a cup of coffee or tea. The café also serves muffins and freshly baked David's cookies, and every Wednesday, Krispy Kreme donuts are on the menu. Check out the Facebook Page at: <https://www.facebook.com/LibraryCafeMonroe/>

Winter has at long last given way to spring and each new season brings an abundance of new activities at the public library. This spring and summer we have a lot of great activities planned. Book clubs, children's programs, summer reading contests, free films, free concerts and more.

If you can't make it to the library, the library comes to you every Tuesday at 4 pm. The bookmobile is parked by the Penn Estates mailboxes from 4pm to 4:30, so stop by and check out some books and DVDs.

Some of the upcoming programs at the library include:

- Jazz concert with Nancy and Spencer Reed, Friday, May 18th at 7:30 pm
- Summer Reading for babies, kids, teens, and adults begins Monday, June 11. Read and earn prizes! This year's theme is Libraries Rock! Look for details on the library's webpage later this month.
- Friends of the Library Giant Used Book Sale, June 2-6. Monroe County's biggest book sale of the year. All day in the library community room.
- Free computer classes - Every Tuesday at 2:30. Call 570-421-0800, ext. 317

For more information about hours and programs, check out our website at <https://monroepl.org>.

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Things to do in the Burgs

by Robin Nicholson, Communications Committee Member

We are lucky to live in such a beautiful area with so much to do and so many amazing things to do for FREE! Yes, I said FREE! Let's talk about some great free things to do unique to the Burgs! The Burgs are home to a lot of great music and art and we can experience and enjoy it regularly for free. How great is that?

During the summer we have our choice of places to relax and hear great live music from local musicians every week. Every Thursday evening from June 21 to August 23 there is "Thursday Night Concerts in the Park" at 6th and Monroe Street in downtown Stroudsburg. People bring a chair, a blanket and food and kick back and soak in some great live music while the kids do chalk art on the street.

A few miles away at The Shawnee Inn there is "Shawnee Community Concert Series" every Tuesday evening at 7pm. You can enjoy live concerts for free while surrounded by the breath taking scenery of the renowned Shawnee Inn on the Delaware River.

Many of us have also noticed the abundance of art galleries and even the beautiful street art we have in the Burgs. But did you know you can experience the showings in our local art galleries with Saturday Art Walks? "The First Saturday



Art Walk" from 6-8pm is when many get together for conversation about art and to explore our local galleries and artists work.

Participating galleries include ARTSPACE Gallery & Origins Gallery, Gamut Art Gallery, The Gallery at 800 Monroe, Soho in the Burg at Renegade Winery, Turnell Art Studios, Andrei Art and School of Visual and Performing Art. Ready, Set, Run located at 431 Main Street Stroudsburg also has Saturday Art Walks to get some exercise while walking to see all the beautiful street art in the Burgs.

Maybe you just want to sit back inside and see a movie? You can do that too for free. The Eastern Monroe Public Library regularly has free film matinées. On July 1st at 2pm the Library will be showing "Wonder Woman." Also keep your eye out for free movie days at Pocono Cinema and Cultural Center on Courtland Street in East Stroudsburg.

So there you have it. We live in an area with art and culture and you can experience much of it for free! Make sure to get out and ENJOY something wonderful!

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FIFTY SHADES FREED PREMIERE

by Debra Presley, Communications Committee Member

In January I was invited to attend the Hollywood movie premiere of Fifty Shades Freed. To say I was excited is an understatement. These books have been a huge part of my life. For those that didn't read a previous article I wrote about starting your own business in the Poconos I co-own an online PR company for romance authors and long story short, I started out blogging and that's how I got this invite. My blog back when the first movie was gearing up for publicity was picked (along with several others) to be an Official Fifty blog. This allowed for many amazing perks over the last four years.

Back to the fun stuff, so I took my sister in law with me and we headed off to Hollywood the week before Valentine's Day and let me tell you with the winter we had the weather there was such a welcomed change. It was my first trip to



California and we stayed close to Hollywood Boulevard in a great little hotel that was reasonably priced and best of all walking distance to so much that we hardly spent money on Uber/Lift rides.

One of the many great perks to being an #OfficialFifty blog were invites to all three premieres. I was lucky enough to go to two. The event itself was held at Arclight Hollywood Theater and both Jamie Dornan and Dakota Johnson were there plus EL James. They introduced the movie, shared some fun behind the scenes antics and then we got to watch the movie. Watching a movie with hard-core fans is an experience. There were lot of cheers and tears throughout.

There was a small after party but it was just for those that watched and no celebrities stayed for it. The big moment for me on this trip came the day after. As an #OfficialFifty member I was invited to an exclusive meet and greet and pop up Fifty Shades experience the next day.

At this event, we got to walk through Fifty Shades inspired rooms and at the end we met EL James and had our books signed. This wasn't the first time I had met EL James. I actually met her last year at another #OfficialFifty event where we spent the night with man-servants and were supplied with unlimited champagne and finger foods before going to a Q&A plus book signing for #Official-Fifty members only. Then we watched the unrated copy of Fifty Shades Darker.

With this latest event I was able to complete my collection of signed books of the set. Any women that loved the books knows exactly how crazy excited I am to have these. We were treated to some amazing one of a kind items from the movie company but getting to meet EL James was the best.

I've included a few photos from the Hollywood trip and from last years meet and greet. I hope you enjoy them. I'm so sad there aren't any more movies but I was so honored to have been a small part of the Fifty Shades phenomenon. It's because of these books I now work for myself and also wrote my own book and have been afforded so many opportunities in the indie book industry. By the time you read this article the movie will be out on Blu-Ray and DVD. It's totally worth picking up!



A piece of fishing line ultimately ended this Baltimore Oriole's life

Keep Fishing Line Out of the Trees

by Melissa Penta and Jon Corcoran, Contributing Writers

We all know that litter has a negative impact on our wildlife, most of which can be prevented if we take the proper steps to be cautious about what we leave behind. This article focuses on fishing line and what to do to prevent getting your line caught somewhere that you cannot retrieve it. We have cleaned up fishing line around our lakes multiple times – whether it be discarded on the ground or tangled in trees. Once entangled, fishing line and hooks can prevent birds and other wildlife from feeding, flying, walking and escaping from danger. If their entanglement is prolonged, it can also cause damage to the feathers, skin, muscles, nerves and bones. Many times, it will lead to death.

To help prevent this, discard line properly and clean up debris that you may find. You can also take proper steps to be sure that you do not unintentionally snag line in a tree that you cannot retrieve:

1. Learn how to cast. There are books, videos, and online tutorials on how to cast a fishing rod to build technique and accuracy. Becoming good at it requires as much patience and practice as learning how to swing a golf club or baseball bat. Tie a lure with no hooks on and go to an open park. Set up targets and learn how to cast efficiently. When you are confident in your casting abilities, test them on the water. From what we have seen, people who don't know how to cast accurately make up the majority of line snag offenders. They try to cast straight and the bait ends up overhead or in a tree 20 feet to the left.

2. Think before you cast. When fishing from shore, survey the area before you cast. Don't cast into cover that will most certainly leave the bait snagged if you are not using weedless/snag proof lures.

3. Check your line. ALWAYS check the quality of your line. If it is old or frayed this means it will be prone to weak spots. Weak spots will ultimately lead to breakage away from the bait. This will leave excess fishing line in the water.



4. Lures. When using lures while shore fishing, tie a short leader that is a lighter line strength than your main line to the lure. If the lure gets snagged and cannot be retrieved, the lighter leader line will snap, leaving your main line intact. This is good for you and the wildlife. It is a good practice when shore fishing. We personally prefer an albright knot for this. Here is a good tutorial on how to tie it: www.animatedknots.com/albright

5. Bottom Rigs. When using bottom rigs, use leaders for the hook and weight that are lighter than the mainline. In the same manner as above, this will prevent you from losing your main line in the case of a snag. On a separate note -- use non-toxic split shot and sinkers, in case any are lost.

Be proactive and pick up any blatantly discarded fishing line that can be accessed. If you are in a boat, kayak, or wading, it is a great opportunity retrieve lines/lures that were inadvertently snagged by bank fishermen.

Our Backyard Bog

by Jennifer Nicholson- Communications Committee Member

The Tannersville Cranberry Bog is right in our backyard but many of us have never been there and don't know much about it. I have discovered what I feel is the reason why many don't know about or pursue planning a visit to the bog. Information about the bog, it's hours of operation and visitor's information do not come up readily in a quick internet search.

In order to get information about visiting the bog you must go to the website for Monroe County Conservation District and then click on a few links from there. In order to simplify your quest for information I will provide the website address for the quickest access of information at the bottom of this article. But let's talk about what the bog is and why you should visit.

The Tannersville Cranberry Bog entrance is 2.3 miles from the main entrance to Penn Estates. It's about a 4 minute drive from the main gate. The Bog is the remnants of a glacial lake that formed from retreating glaciers about 10,000-15,000 years ago. This lake once spanned over 700 acres of melted glacier wa-

ter. Over the years, with warming after the last ice age, the lake shrunk into what we have today.

On an Earthly scale, it's basically a big mud puddle left from huge dried up glacial lake. In this mud puddle is over 150 acres of bog. A bog is wetland-like swamps and marshes. Our bog is covered with pre-dominantly sphagnum (peat) moss. Peat is very nutrient dense, acidic soil that forms over a very long time period from decaying plant material.

Our bog, and all wetlands, serve extremely important functions in the environment. Wetlands act like giant sponges, able to soak up massive quantities of water. The ability of our bog to soak up excess water became evident in the flood of 1955 when areas around the bog were spared from the effects of the flood. Wetlands also act as natural biological filters cleaning our water.

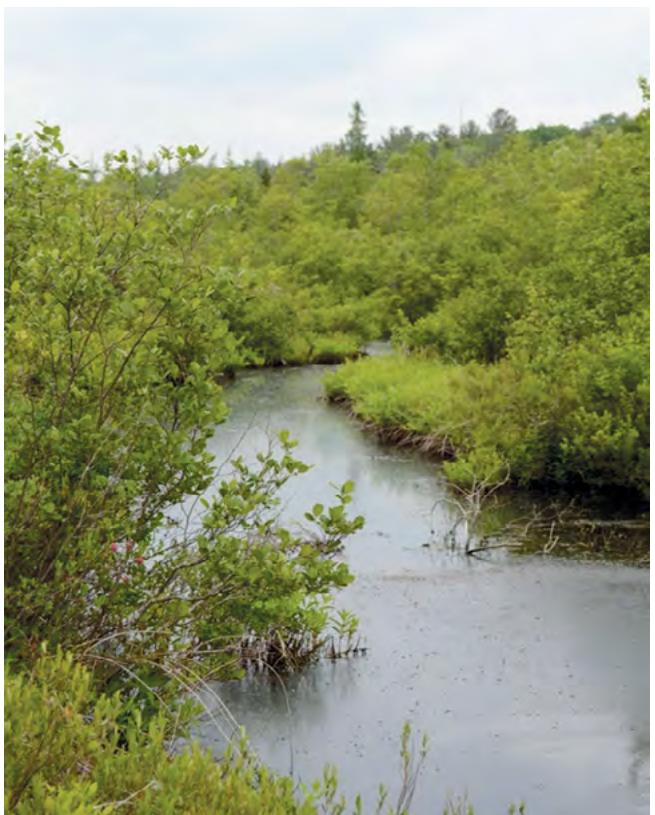
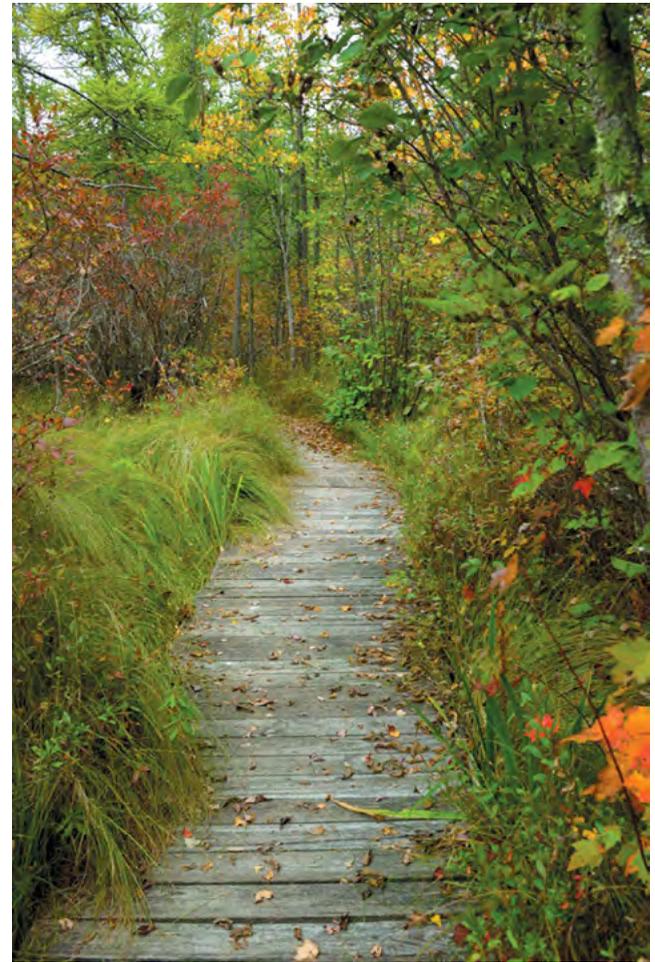
The Tannersville Cranberry Bog was designated as a National Natural Landmark in 1974 and was made open to the public in the 1980's. When visiting the bog there are three trails but the main visitors trail consists of a floating boardwalk and guided tours.

Entrance to the bog is restricted due to the delicate ecosystem and rare/endangered plant and animal life. This is why it is important to access the schedule online and to reserve your spot on the guided tour.

The summer 2018 schedule consists of Wednesday walks at 10am June 6-Sept.12. You must pre-register by calling 570-629-3061, if you plan on visiting the bog. The cost is \$6 per person and the tour is about 2.5 hrs. long. On your tour you can search for local animals and plants such as porcupine, beavers, bear, and cranberry and blueberry bushes.

In order to get the full schedule of events and information, I highly recommend checking out the website: <https://www.mcconservation.org/tannersville-bog.html>. On this page you will find links for the guided walk schedule, bog newsletter, trail map, informative brochure and a link to a schedule of what plants will be in bloom during each time of the year.

We are lucky to live so close to this National Natural Landmark. I guarantee you will enjoy a visit there.



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Out & About

Things to Do and See in the Poconos

by Sharon Kennedy, Communications Committee Member

It seems like I was just complaining that winter would never end and suddenly summer is here! It is early May as I write this. I left a week ago for North Carolina and drove through the changes of season as I moved south. We had just had a quick snowfall the week before I left and forsythia were just beginning to turn yellow. I drove through the changes of tree buds to full greenery as I traveled through the states. I returned to find that summer beat me back to the Poconos. Trees are budding and the grass is turning green. I love this time of year when dogwoods, lilacs and other flowering trees bring us joy.

We are going into our warm weather fun time of year. Our beautiful pools and lakes will be opening soon. Water parks are everywhere in the Poconos these days. Craft and food and music festivals abound throughout the area. And the Pocono Nascar races begin again.

Here are some of the upcoming events around the area. As always, I take my information from Internet sites. Please call to confirm dates and times and costs. Of course, there is a delay between writing this article and the publication of the Harmony. You may want to check the newspapers, and Internet for other events

This is a great season for outdoor festivals! The Delaware and Lehigh National Heritage Corridor is having the 30th Anniversary of Founder's Day at Hugh Moore Park in Easton on June 2. There will be music, exhibits, canal boat rides, etc. Some of the day events do cost (such as canal boat rides). The evening events require tickets, and may be a fundraiser (based on the high cost of tickets.)

Quiet Valley Living Historical Farm in Stroudsburg hosts special events throughout the year. Their Summer Garden Party is on June 16. On July 14, they have their Music in the Valley Day and on August 11 they host the Heritage Craft Day.

Wine Me Up, a wine and tapas festival, will be at Blue Mountain Resort on June 2 and 3. The cost is \$25 for food pass only, \$45 for full general pass and \$10 for the designated driver. (Most festivals are family friendly. This one is for those 21 and over.)

On June 9 at Bingham Park in Hawley is an Arts and Crafts festival with over 100 vendors. The 28th Annual Great Tastes of PA Wine and Food Festival will be at Split Rock Resort at Lake Harmony on June 23 and 24. The Milford Music Festival runs June 22-24. I go almost every year. There is music throughout the town in just about every open space, restaurant, park and porch.

The Audobon Wildlife Art and Craft Festival is on July 21 and 22 from 10-5 at Wallenpaupack High School in Hawley. There will be entertainment and educational activities. The cost is \$5 for adults. The 14th Annual Festival of Wood is

at Grey Towers in Milford on August 4 and 5. The Sweet Corn and BBQ Festival at Shawnee is also on August 4 and 5.

Oktoberfest in July (formerly the Pocono Wurst Festival) is on Hollow Rd in East Stroudsburg on July 14 and 15. The cost depends on whether you buy your tickets ahead or at the gate. On July 7, the Annual Lavender Festival is from 9 to 5 at Paradise Lavender Farms in Cresco. There will be vendors, music and beer tasting. Admission is free.

Fireworks will be most everywhere in early July. July 3 is the date for fireworks at Mt. Airy Casino, Skytop Ski area, Camelback and Shawnee Ski area. Fireworks over Lake Wallenpaupack will be on July 4. The Annual American Freedom Festival at Dansbury Park is on July 3 and 4, with fireworks on the 4th.

For those of you that prefer active events, there are many from which to choose. Check the newspapers and the Internet for dam releases and white water rafting events. Do you have a beginning swimmer in your family? There is a global event at pools and lakes around the world to highlight water safety. The World's Largest Swimming Lesson will be held locally at Camelback on June 21st. It is free but limited to 50 so reserve early by calling 570-629-1661 x1169.

On July 15th, Blue Mountain Resort will host the Palmerton Spartan Sprint, with a 3-mile run and 20 or more Spartan obstacles. Or you can reenact the Invasion of Normandy in a two-day scenario at Skirmish Paintball on July 13-15. Call 800-754-7647 for costs. It's for ages 10 and up.

Stroud Area Recreation will host a 4.5 run or 2.5 fitness walk, called the Levee Loop and Trails Race and Fitness Walk, on June 2nd. There is a cost. Call 426-1512 for details.

Do you want to golf and benefit a charity? You could attend the 7th Annual Dario Belardi Memorial Golf tournament on July 25th at Hideaway Hills Golf Club in Kresgeville to benefit the United Way. If you want to be in nature and do yoga, you can attend a yoga class from 11 to noon on Saturdays at Mountain View Winery in Stroudsburg. The cost is \$10 and the proceeds go to charity.

As is true throughout the year, Pocono Environmental Education Center hosts many events, some are free and some have a cost. For example, there is a Frog Frolic, a Bridge the Gap (canoeing on ponds), Edible Plants walk and many other activities. Call 570-828-2319 or check their website for events.

There are free concert series in the area during the summer months. Bring your lawn chairs or blankets to Dansbury Depot on Monday nights from May 7th through October 1st. Shawnee Inn hosts live music in the Shawnee Craft Tap Room on Fridays and Saturdays from 7-10 from March through December. It is advertised as family friendly.

How about a little wine and a little art? Bring your own bottle to Dansbury depot for a Paint in the Park experience from 7-9 on June 8th. The cost is \$35 per canvas. Call 426-1512 for details.

Have fun! Please let me know of your favorite events so that I can include them in the future.

Eats Around Town

by Julie Harter, Communications Committee Member

Inti Peruvian Cuisine

Wanting to try something new, my husband and I went to a Peruvian restaurant in East Stroudsburg called Inti Peruvian Cuisine. The outside is a little unattractive but, once you walk in the door, you are swept into a Peruvian oasis with décor and music.

We first tried two special drinks they offer. My hubby ordered the Emoliente, which is a cold or hot sweet infusion of herbs and spices. He got it cold. I ordered the Chicha Morada, which is a Peruvian sweet drink made of purple corn. They were absolutely delicious.

For appetizers, we ordered two as well. The first one was Palta Rellena, half avocado stuffed with mixed vegetables, served with two shrimps and topped with huancaína sauce. The other was the Causa Limena, sculptured mashed potato layers stuffed with Peruvian style chicken salad, fresh tomato and avocado, topped with huancaína sauce. Both were very delicate and mouthwatering!

For entrees, my husband ordered the Lomo Saltado which is beef, fresh tomatoes, onions, yellow chili peppers and French fries sautéed with soy sauce and served with rice, and I ordered the Tacu Tacu de Mariscos, fried rice mixed with beans, garlic, onions and yellow peppers topped with a creamy shrimp and



scallops sauce. They were both so good that there was nothing left on both our plates at the end, even after two appetizers. We were full so no dessert this time, but their list of Peruvian desserts sounded enticing.

Inti's menu has many other choices that meet diet restrictions like gluten free or vegetarian. They also are BYOB so the next time we go, and there will definitely be a next time, we are bringing a bottle of wine and some friends to share in this wonderful experience.

Inti Peruvian Cuisine is located at 266 River Rd in East Stroudsburg, across from the Smithfield Elementary School.

2018 Lake Rules

Monday-Thursday11:00am – 7:00pm

Fri., Sat., Sun. & Holidays.....11:00am – 8:00pm

After 4 pm the lake may be closed for lack of use

1. All members and residents five years of age and older must provide photo amenity badge for the use of the amenities.
2. The Grantee is hereby granted the privilege of boating, swimming, fishing, and ice skating in the lakes of the Grantor. None of the foregoing activities are to be engaged in for any commercial purpose whatsoever, and all such privileges are under and subject to payment by Grantee of such fees as are set forth in the covenants and restrictions. [Cross reference Declaration of Protective Covenants #21].
3. Children under 12 years of age are not permitted in the lake or beach area unless accompanied by a responsible person 18 years of age or older who shall be responsible for conformance to all lake and beach rules. The responsible person(s) must remain at the beach facility with any/all children under 12 at all times.
4. Children under 12 years of age are not permitted to use boats at the lake unless accompanied by an adult who shall be responsible for conformance to all lake and beach rules.
5. No china or glassware of any sort is allowed at the beach, consumption of food is limited to designated picnic areas, and all trash should be placed in the provided containers.
6. Only boats, canoes or watercraft propelled by oars, sails or paddles shall be permitted upon the waters of said lakes. No motorboats of any description shall be permitted on the waters of said lakes. [Cross reference Declaration of Protective Covenants #22].
 - a. Boat Registration - All boats used on PEPOA Lakes must be registered with the Association. Boat registration applications are available at the Administration Building. Annual registration fees are \$5. Dated identification stickers are issued for boat registrations; renewal registration and dated identification stickers are required annually. Identification stickers should be affixed to the boat immediately. Lost identification stickers will only be replaced if the owner produces proof of registration (i.e., office receipt) the cost of replacement is \$3.
 - b. Boat Racks - Boat racks will be made available by PEPOA at one location on each of the three lakes; residents may store boats on the boat rack(s) for a \$10 seasonal fee. Rental applications are available at the Administration Building. Rack space will be available on a first come; first served basis. Once all of the boat racks are full, no more boat rack registrations will be issued. Any resident that does not obtain a rack space may not store boats along the shoreline of any lake; dam; levy or spillway. No boats may be left on the water. Residents without a rack space must take their boat(s) back to their property after use. Boat rack storage is a "store at your own risk" policy, and the Association is not responsible for damage or loss of property stored at the boat racks. It is strongly recommended that owners secure their boats to the boat rack with a bike lock or some type of tether and lock.
 - c. Boats must be removed from the racks no later than November 1st of each year. Any boats not removed by November 1st will be removed by PEPOA; locks will be cut and destroyed, and a removal fee of \$50 must be paid to retrieve it. Return of boats to resident's property is the responsibility of the boat owner/resident. PEPOA will not provide transport. Any boat(s) not retrieved by the owner after 90 days and written notice will be disposed of at the discretion of PEPOA.
 - d. Improper Boat Storage - absolutely no boats are to be stored along the shoreline of any lake; dam; levy or spillway. No boats may be left on the water. Both registered and unregistered boats found to be improperly stored will be immediately removed at the owner's expense. A removal fee of \$50 must be paid to retrieve it. Return of boats to resident's property is the responsibility of the boat owner/resident. PEPOA will not provide transport. Any boat(s) not retrieved by the owner after 90 days and written notice will be disposed of at the discretion of PEPOA.
7. Users must ensure that all watercraft is equipped with a U.S.C.G. approved flotation device for each occupant. Questions regarding these regulations should be directed to the lifeguard on duty.
8. No running, pushing or other horseplay is permitted.

2018 Pool Rules

Monday-Thursday11:00am – 7:00pm

Fri., Sat., Sun. & Holidays.....11:00am – 8:00pm

1. All members and residents five years of age and older must provide photo amenity badge for admittance and use of facilities.
2. Adult guests with owners in good standing shall pay a guest fee of \$5.00 per day or \$3.00 per child
3. No one is permitted in the pool enclosure except during scheduled hours and only when lifeguards are on duty.
4. The pool staff may close the pool during scheduled hours for reasons of safety, weather or maintenance.
5. No running, dunking, pushing or other horseplay will be permitted. Always enter the pool with caution.
6. No glassware, smoking or beverages (except water in plastic containers) of any kind is permitted in the pool enclosure.
7. Food is permitted in designated areas only, and not to be consumed in the bathing areas. Proper trash receptacles are provided and should be used accordingly.
8. Children under 12 years of age are not permitted in the pools or pool enclosure unless accompanied by a responsible person 18 years of age or older who shall be responsible for the child's behavior and conformance to all pool rules. The responsible person(s) must remain at the pool facility with any/all children under 12 at all times.
9. Children who are not toilet trained must use plastic pants or swim diapers. Children wearing non-swim diapers are not permitted in the pool.
10. No diving will be permitted in the shallow end, or off the sides of the pool. No flips, back dives or other similar types of actions will be allowed.
11. Only appropriate swim attire may be worn in the pool. Street clothes, underwear or cut-offs are not allowed. The pool staff shall enforce compliance with this rule.
12. Deep-water areas of the pool are limited to individuals who can swim the width of the pool in a satisfactory manner. Qualification is at the discretion of the pool staff and verification may be requested at any time.
13. No sitting or hanging on ropes and no swinging on ladders will be permitted.
14. Gum chewing is not permitted in the pool enclosure.
15. Only radios equipped with and used with headphones or earbuds shall be allowed in the enclosed pool area.
16. Flotation devices, scuba and skin diving equipment, are prohibited in the pool and beach areas unless permission has been granted by the pool staff.
17. No articles of any kind may be thrown into the pool unless approved in advance by the pool staff.
18. The primary responsibility of the pool staff is the safety of the swimmers. They have the authority to remove anyone in violation of the rules from the pool for any portion of the day or longer. Chronic pool offenders may be suspended for a day, week, season or any part thereof, and subject to other action or a citation and a fine, depending on the circumstances.
19. Pools and lakes will be cleared for 30 minutes upon hearing thunder. An additional 30 minutes will be added for each thunderclap. In the event of lightning, the pools, pool deck, lakes, and beaches must be vacated and remain empty for 45 minutes after the last lightning strike.
20. Socializing with or distracting the pool staff while they are on duty is prohibited. No loitering or congregating will be allowed around the lifeguard or guard stand.
21. Personal lounges and chairs are permitted in the pool enclosure at the discretion of the pool staff, but may not be stored in the pool area. Association owned lounges and chairs are available on a first come first served basis.

Selling Your Home? Which Improvements Pay Off

by Maureen Shindle, Contributor

When sellers sit with a REALTOR® to discuss the list price of their home, they go through a litany of improvements made to the property that they believe will add (significant) value. While it's true that some investments can increase the sale price of a house, not every dollar spent yields a return on investment.

The biggest misconception is that replacing the roof can greatly increase the price of the house, when in fact that is not the case. Buyers expect a house to have a leak-proof roof. This is a given. That's not to say that a new roof can't cause a buyer to give the house more consideration, especially when considering multiple properties. Nonetheless, you will not get your money back. This holds true for wells, septic tanks, furnaces, plumbing, electrical and central air conditioning. The basics are expected and a buyer will not pay more for a dry, warm house.

There are upgrades and investments a seller can make that will increase the value and list price of the house. Kitchen and bathroom improvements are two of the best investments that are very attractive to buyers. And while a buyer appreciates a beautiful bathroom, more important to them is a sufficient number of bathrooms.

If the house has three or more bedrooms and only one full bathroom, then the seller's money is best spent on adding another full bathroom. If space is an issue, then include a walk-in shower instead of a bathtub.

A National Association of REALTORS® study by Florida State University professors G. Stacy Sirmins and David Macpherson found that the addition of a bathroom resulted in an 8.7% increase in the sale price of a house, more than twice the rate for adding a bedroom.

Before buyers get to see your new bathroom or beautiful kitchen, you have to get them in the door. That's where curb appeal plays a key role. The exterior of the house must be warm and inviting in order to get buyers inside. Make investment decisions wisely here as well.

Keep the lawn healthy and well-groomed. Consider power washing the house, decks and porch. Add seasonal flowering plants. Assess the walkways, front porch and even the front door for opportunities for improvement. A fresh coat of paint on the front door can make a major difference for very little money.

Refrain from going overboard. Spending \$20,000 on landscaping does not translate to a \$20,000 increase in the list price. That's not to say that you shouldn't invest in landscaping or any other upgrade that gives you pleasure, just realize you may not get your entire investment back.

Most buyers have limited resources to spend on a house. If they do not have to spend money on the basics, they are more likely to buy the house and upgrade the kitchen or bathroom themselves. Buyers typically come into a new home with plans to remodel. They do not buy a home expecting to replace the roof. Similarly, sellers have limited resources to invest before selling their house. It is important that sellers ensure that the basics (and expected) items have been taken care of.

Here is a list of things you can do to make your house more sellable without breaking the bank.

Exterior

- Keep the grass freshly cut.
- Remove all yard clutter.
- Apply fresh paint to wooden fences.
- Paint the front door.
- Weed and apply fresh mulch to garden beds.
- Clean windows inside and out.
- Wash or paint home's exterior.
- Tighten and clean all door handles.
- Ensure gutters and downspouts are firmly attached.

Interior

- Remove excessive wall hangings, furniture and knickknacks (consider a temporary self-storage unit).
- Remove personal photos, religious objects and sports memorabilia
- Clean or paint walls and ceilings.
- Shampoo carpets.
- Clean and organize cabinets and closets.
- Repair all plumbing leaks, including faucets and drain traps.
- Clean all light fixtures.

Real Estate Update

by Maureen P. Shindle, Contributor

The Pocono real estate market remains very active as the busy buyer season is here. Penn Estates continues to attract buyers with 35 closed sales as of May 7, 2018. In addition there are 13 pending transactions. The closed and pending transactions represent an average of 10 transactions per month. At this time there are 24 active listings giving the community a 2½-month inventory as the busiest real estate season gets underway. This market still favors sellers with many transactions involving multiple offers – a seller's dream scenario.

The statistics below refer to the activity as of May 7, 2018 and current active listings. Of the 24 active listings, there are NO foreclosures for the first time in the three years I have been compiling this report. Nine of the sales to date are foreclosures as is one of the pending deals; this represents 20% of the closed/pending deals. The average price of the closed foreclosure deals is \$111,249. The impact of foreclosures on Penn Estates market prices is down significantly as well. The difference between the average sale price with foreclosures versus the average sale price without foreclosures is approximately 14%. Of the pending deals, two are short sale transactions; two of the closed transactions are short sales. None of the active listings are short sales.

Information has been gathered from the Pocono Mountains Association of REALTORS' Multiple Listing Service on May 7, 2018:

Category	Active Listings	Pending Sales	2018 Sales
Total	24	13	35
Foreclosures	0	1	9
Short Sales	0	2	2
Low List/Sold Price	99,000	79,000	51,480
High List/Sold Price	239,900	312,500	200,000
Avg. List/Sold Price	154,333	148,223	125,128

Pending Sales information reflects only list prices; sold information is not available until the sale is final. Distress Sales: Sales of properties that are bank-owned (foreclosure), or short sales (where sellers sell for less than what they owe their mortgage lenders). Distress Sales made up 20% of the transactions for 2018 year to date. This number impacts our market because of the reduced prices they allow.

Maureen Shindle is a 17-year resident of Penn Estates and Past President of PEPOA Board of Directors and a REALTOR® with Keller Williams Real Estate in Stroudsburg.

Comments and questions welcome at mpshindle@kw.com

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Michael's Kitchen

by Michael J. Tyrrell, Communications Committee

There are some excellent Chinese restaurants in our area, but getting delivery is not always all that easy. The really good restaurants don't deliver. We don't even bother and just make our own. Here are some simple Chinese inspired recipes that I developed over the years. No hard to find ingredients necessary. They are reasonably healthful as well.

Slow Cooker Cantonese Hacked Pork (makes 6 servings)

¼ cup reduced-sodium soy sauce
¼ cup honey
2 tbsp hoisin sauce (or ketchup)
4 cloves garlic, chopped
2 tbsp chopped ginger
1 tsp Chinese five-spice powder
2 lbs boneless center-cut pork roast
1 tbsp cornstarch
¾ cup chicken broth
12 ounces wide low mein noodles, cooked following package directions
2 scallions, thinly sliced
steamed snow peas (optional)

1. In a small bowl, whisk together soy sauce, honey, hoisin, garlic, ginger, and five-spice powder. Place in a resealable plastic bag and add pork; shake to coat. Refrigerate overnight.
2. Coat slow cooker bowl with cooking spray and add pork; pour marinade over top. Cover and cook on HIGH for 4 hours or LOW for 6 hours.
3. Remove pork to a large baking dish and keep warm. Pour liquid from slow cooker into a saucepan. In a small bowl, stir cornstarch into broth. Bring liquid in saucepan to a boil and whisk in the broth mixture. Cook for 1 minute.
4. Shred pork into large pieces with 2 forks; stir in sauce. Spoon over noodles; garnish with scallions and serve with steamed snow peas, if desired.

Sichuan Chicken (makes 6 servings)

½ cup chicken broth
2 tbsp light soy sauce
2 tbsp rice vinegar
2 tsp cornstarch
1 tsp sugar
2 tsp Sriracha (Thai chile and garlic sauce)
1 tbsp canola oil
1 ½ lbs boneless, skinless chicken breast, cut into 1-inch chunks
8 oz sliced white mushrooms
1 sweet red pepper, seeded and chopped
1 medium onion, chopped
3 ribs celery, chopped
1 can (8 oz) diced water chestnuts, drained
¼ cup chopped peanuts
3 cups cooked rice

1. In a medium bowl, mix together broth, soy sauce, vinegar, cornstarch, sugar and Sriracha sauce. Set aside.
2. Heat oil in a large nonstick skillet or wok over medium-high heat. Add chicken and stir-fry for 6 to 7 minutes until no longer pink inside. Remove to a plate and keep warm. Add mushrooms, red pepper, onion and celery to skillet and stir-fry for 6 minutes until vegetables are crisp tender. Stir in reserved broth and soy mixture, water chestnuts and cooked chicken. Simmer for 2 minutes, stirring occasionally, until thickened and water chestnuts and chicken heated through.
3. Sprinkle with chopped peanuts and serve with cooked rice.

Shrimp Lo-Mein (makes 6 servings)

1 cup vegetable broth
2 tbsp light soy sauce
1 tbsp cornstarch
1 tbsp oyster sauce
2 tbsp canola oil
1¼ lb extra- large shrimp, shelled and deveined
½ lb snow peas
2 tbsp ginger, finely chopped
1 can (8 oz) bamboo shoots, drained (such as Asian Gourmet)
1 can (8 oz) baby corn, drained (such as Asian Gourmet)
1 pkg (8 oz) whole grain thin spaghetti, cooked following pkg directions

1. In a small bowl, stir together broth, soy sauce, cornstarch and oyster sauce. Set aside.
2. Heat 1 tbsp of the oil in a large nonstick skillet or wok over medium-high heat. Add shrimp and cook 4 minutes, turning after 2 minutes. Remove shrimp to a plate and keep warm.
3. Add remaining tablespoon to skillet and a snow peas and ginger. Stir-fry 2 minutes. Add bamboo shoots, corn, and broth mixture. Simmer 2 minutes, until thickened. Stir in shrimp and cook until heated through, about 1 minute. Serve over cooked spaghetti.

Kung Pao Skirt Steak and Broccoli (makes 6 servings)

¼ cup soy sauce
3 tbsp rice wine vinegar
1 tsp sugar
1 tsp chili paste
1 tsp vegetable oil
1¼ to 1½ lbs skirt steak, thinly sliced against the grain
½ onion, peeled and chopped
3 cloves garlic, chopped
4 cups broccoli florets (about 1 small head)
1 sweet red pepper, seeded and chopped
6 oz Baby Bella mushroom caps, quartered
2 ribs celery, sliced
¼ cup peanuts
4 ½ cups cooked white rice

1. Whisk together soy sauce, vinegar, sugar and chili paste. Set aside.
2. Heat oil in a large nonstick skillet over medium-high heat. Add beef and cook for 5 minutes. Remove to a plate and keep warm.
3. Add onion and garlic to skillet and cook 1 minute. Add broccoli, red pepper, mushrooms and celery. Cover and stir occasionally for 8 minutes or until broccoli tender.
4. Stir in beef, any accumulated juices and soy mixture. Heat through, about 2 minutes. Sprinkle peanuts over top.
5. Serve immediately with cooked rice.



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with Penn Estates

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Did you know:

- 28 homes are presently for sale in Penn Estates.
- 36 homes sold in Penn Estates year to date.
- The highest-priced home sold for \$200,000 year to date.
(Information provided through Pocono Mountain Assoc. of Realtors MLS Service)
- 93% of buyers start their search on the Internet.
- The average age of today's buyer is 33 years old.

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